

Upland Police Department
Perishable Skills
Arrest and Control

EXPANDED COURSE OUTLINE
Ten hour block

I. REGISTRATION AND ORIENTATION

- A. Introduction, Registration and Orientation
- B. Course Objectives/Overview, Exercises, Evaluation/Testing **III(b)**

II. SAFETY ORIENTATION AND WARM-UP **III(a)**

- A. Review of Safety Policies and injury precautions
- B. Students will participate in warm-up/stretching exercises

III. USE OF FORCE POLICIES AND LEGAL ISSUES **III(g,j)**

- A. Case Law Update, report documentation and policy
 - 1. Tennessee v Garner
 - 2. Graham v Connor
 - 3. Forrester v San Diego
 - 4. Long Beach v Long Beach POA

IV. BODY PHYSICS AND DYNAMICS/SUSPECT REACTION TO FORCE **III(h)**

- A. Suspect attacks officer
- B. Locking resistance
- B. Going limp. (Should not use term passive resistance)
- C. Resisting with apparatus (Chaining to objects, using large pipes with arms locked inside).
- D. Use of pain compliance/pressure point/distraction techniques
- E. Mental conditioning for arrest control:
 - 1. Relaxed frame of mind
 - 2. General awareness, minimum level of awareness, uniform
 - 3. Specific awareness, 75%-25% theory, checklist of six
(75% on the individual or situation, 25% still on general surroundings)

- a. Check-list of six used on initial approach with subject
 - (1) Hands
 - (2) Cover
 - (3) Weapons/bulges
 - (4) Associates, subjects and officers (resources available)
 - (5) Escape routes, subjects - tactical retreat, officers
 - (6) Footing/balance, officer=s ability to stay on his/her feet
- 4. Fight or flight

V. PHYSICAL CONDITIONING **III(a)**

- A. Three Biggest Disablers
 - 1. Heart Attacks
 - 2. Lower Back and Knee Injuries
 - 3. Peptic Ulcers
- B. How to Reduce Individual Risk to Above Disablers
 - 1. Nutrition
 - 2. Life threatening physical altercations, 90 seconds of explosive endurance

VI. BODY BALANCE/STANCE & MOVEMENT FROM POSITION OF INTERVIEW AND FIGHTING STANCE

III(i)

Footwork Review:

- A. Forward shuffle
- B. Rear shuffle
- C. Normal pivot
- D. Shuffle right and left
- E. Pivot right and left
- F. Progressive pivot
- G. Shuffle pivot
- H. How to fall to the ground safely and assume a fighting position
- I. Access to equipment on duty belt while in a fighting stance and on the ground

VII. SEARCH TECHNIQUES/CONTROL HOLD/TAKEDOWN/HANDCUFFING DE-ESCALATION, VERBAL COMMANDS **III(c,d,e,f,k)**

- A. Overview on restraint devices and need to double lock and check for tightness
 - 1. Suspect cannot be handcuffed due to injuries
 - a. First Aid - Suspect injured, wounds, fractures
 - b. Special circumstances (i.e. Pregnant females)
 - c. Complaint of pain should be documented
 - d. Failing to double lock handcuffs can result in injury to suspect and liability to an agency

- B. Unknown Risk Handcuffing techniques
 - 1. Low Profile twist-lock
 - a. Verbal commands
 - b. Twist lock control
 - c. Handcuffing
 - 2. Standing Modified Search, to a rear wrist lock and handcuffing
 - 3. Takedown from standing modified, disengaging, escalating, de-escalating with suspect and movement to more appropriate weapon (impact wpn., chem. agent, etc.) on duty belt.
- C. High risk prone or kneeling, to a prone control and handcuffing.
 - 1. High risk kneeling
 - a. Verbal commands
 - b. Low profile twist lock
 - c. Search
 - d. Handcuffing
 - 2. High risk prone
 - a. Verbal commands
 - b. Prone control
 - c. Search
 - d. Handcuffing

Impact Weapons

IX. IMPACT WEAPONS REVIEW: INCLUDING STRAIGHT BATON, SIDEHANDLE BATON, FLASHLIGHT, ETC.III(I)

IDENTIFY TARGET AND NON-TARGET AREAS ON THE BODY

- A. Overview of course and explain which techniques will be tested
 - 1. Safety orientation
 - 2. Footwork review
 - 3. Review strikes, jabs and blocks
 - a. Forward and reverse strike
 - b. Vertical strikes
 - c. Power strike front, rear and yawara jab (side handled baton)
 - d. Upper, middle, lower blocks
 - e. Techniques practiced on bags
 - 4. Baton retention techniques
 - a. Circle techniques
 - b. Push-pull techniques
 - c. Figure 8 techniques

Weapon Retention and Take-Away

X. WEAPON RETENTION AND TAKE-AWAYS: FRONT HANDGUN RETENTION, RIGHT/LEFT-HANDED (USING RED REPLICA GUN)

III(m)

- A. Safety orientation
- B. Mental preparation/verbal distractions
- C. Rear handgun retention, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control
- D. Front handgun takeaway, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control
- E. Rear handgun takeaway, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control
- C. Front long gun takeaway, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control
- D. Rear long gun takeaway, right and left handed
 - 1. Footwork
 - 2. Takedowns
 - 3. Control

Personal Body Weapons

XI. PERSONNEL WEAPONS, KICKS AND STRIKES

III(c,f,g,h,i)

- A. Front Kicks
 - a. Push Kick
 - b. Shin kick
 - c. Forward kick
- B. Punches
 - a. Closed fist
 - b. Palm strike
 - c. Hammer fist
 - d. Defending against inside/outside punches and countering
- C. Elbows
 - a. Horizontal strike forward
 - b. Side strike(left/Right)
 - c. Horizontal strike behind

- d. Strike to stomach/ribs behind
- e. Vertical strike backward and upward
- f. Vertical strike forward and upward
- g. Vertical strike forward and downward
- D. Knees
 - a. One handed control
 - b. Two handed control

Ground Fighting

XII. GROUND FIGHTING TECHNIQUES

III(f,h,d)

- A. Basic Ground Fighting with escapes
 - a. Mounted position
 - b. Guard position
 - c. Side control
 - d. Back control
- B. Ground fighting with weapon control
 - a. Suspect on top grabs gun in holster
 - b. Suspect on top grabs officer's gun out of holster
 - c. Officer on top suspect grabs officer's gun
 - d. Officer on top grabs suspect's gun

Chokes

XIII. DEFENDING AGAINST CHOKES

III(d,f,h,i)

- A. Choke Defense
 - a. Front choke
 - b. Side choke (right/left side)
 - c. Rear choke
 - d. Front push choke
 - e. Rear push choke
 - f. Choke against a wall
 - g. Choke while on the ground
- B. Head locks
 - a. Head lock from the side
 - b. Reverse headlock (Guillotine)
 - c. Headlock from behind (bar arm)
 - d. Headlock from behind (Carotid choke)

XIV. TESTING AND REMEDIATION

III(b,d,e,g,h,i)

A. Testing

- a. Written Test
- b. Practical application, demonstrate each technique
- c. Scenarios
 - i. Felony contact
 1. Felon unarmed in RedSuit
 2. Felon Armed in RedSuit (plastic training knife or red training gun)
 - ii. Consensual encounter
 1. Passive search
 2. Passive to aggressive
 3. Search locate weapon
 - iii. Response to Domestic Violence
- d. All officers will use verbal commands and the correct force option while transitioning from force option to meet the level of violence (Escalate and De-Escalate)

B. Remediation

- a. Students will be given a pass/fail from the instructor. Any student who does not meet minimum standards will complete the portion in which he or she failed until a pass evaluation is given.

Scenarios will follow the below listed criteria:

There will be a minimum of two instructors for each scenario. The active instructor will be in the padded RedSuit. The active instructor will act out either complying or resisting the student. The active instructor will keep the scenario under control and act as close as possible to what a person would do in real life. The second instructor will be a safety monitor and watch both instructor and student.

Scenario 1

Instructor in RedSuit will act as a felon who has committed a crime. The student will contact him or her and use proper safety and verbal commands. Once contact has been made, the felon will comply or resist. This will be determined by how well the student controls the scene.

Scenario 2

Instructor will have in his possession a plastic training knife or red training gun. The student will contact the suspect and use the proper commands and safety. The instructor will comply or resist based on how well the student controls the scene.

Scenerio 3

The instructor will be in the Redsuit and the student will contact him or her using the proper technique for a consensual encounter. The instructor will comply **based** on how well the student controls the scene. This will be repeated to the location of a weapon or a warrant confirmation.

Scenario 4

The Instructor will be in the Redsuit and the student will contact the instructor who is wanted for questioning in a domestic violence **incident**. The other party will enter the scene and the student will have to deal with both parties. The supervising instructor will be looking for the officer to separate and control the scene.

The scenarios are not a pass and fail, but will be used to evaluate the student and give suggestions on how to improve on safety issues observed during the exercises.